

# Fear not

March 25 2026

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## **Hymn. 135:1, 2**

I know no life divided,  
O Lord of life, from Thee;  
In Thee is life provided  
For all mankind and me:  
I know no death, O Father,  
Because I live in Thee;  
Thy life it is that frees us  
From death eternally.

I fear no tribulation,  
Since, whatsoe'er it be,  
It makes no separation  
Between my Lord and me:  
Since Thou, my God and Father,  
Dost claim me as Thine own,  
I richly shall inherit  
All good, from Thee alone.

Words: RICHARD MASSIE, TR., ADAPTED  
Music: William H. Monk

## **Hymn. 498:1-3**

How firm a foundation, you saints of the Lord,  
Is laid for your faith in His excellent Word.  
What more can He say than to you He has said,  
To you who to God for your refuge have fled:

Fear not, I am with you, O be not dismayed,  
For I am your God, I will still give you aid;

I'll strengthen you, help you, and cause you to stand,  
Upheld by My gracious, omnipotent hand;

When through fiery trials your pathway shall lie,  
My grace, all sufficient, shall be your supply;  
The flame shall not hurt you; I only design  
Your dross to consume and your gold to refine.

Words: RIPPON'S A SELECTION OF HYMNS, 1787, ADAPT., ALT.

Music: American melody, Funk's Genuine Church Music, 1832; harm. CSPS

**Hymn. 148:1-3**

In heavenly Love abiding,  
No change my heart shall fear;  
And safe is such confiding,  
For nothing changes here.  
The storm may roar without me,  
My heart may low be laid;  
But God is round about me,  
And can I be dismayed?

Wherever He may guide me,  
No want shall turn me back;  
My Shepherd is beside me,  
And nothing can I lack.  
His wisdom ever waketh,  
His sight is never dim;  
He knows the way He taketh,  
And I will walk with Him.

Green pastures are before me,  
Which yet I have not seen;  
Bright skies will soon be o'er me,  
Where darkest clouds have been.  
My hope I cannot measure,

My path in life is free;  
My Father has my treasure,  
And He will walk with me.

Words: ANNA L. WARING\*

Music: Alexander Ewing

**Ex. 14:13 Fear (to :)**

13 ... Fear ye not, stand still, and see the salvation of the LORD, which he will shew to you to-day: ...

**Gen. 21:17**

17 And God heard the voice of the lad; and the angel of God called to Hagar out of heaven, and said unto her, What aileth thee, Hagar? fear not; for God hath heard the voice of the lad where he is.

**Deut. 31:8**

8 And the LORD, he *it is* that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.

**Deut. 31:6**

6 Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he *it is* that doth go with thee; he will not fail thee, nor forsake thee.

**Judg. 6:23**

23 And the LORD said unto him, Peace *be* unto thee; fear not: thou shalt not die.

**I Kings 17:13 (to ;)**

13 And Elijah said unto her, Fear not; ...

**Prov. 3:24, 25 (to 1st ,)**

24 When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.

25 Be not afraid of sudden fear, ...

**I Chron. 28:20 Be (to 7th ,)**

20 ... Be strong and of good courage, and do *it*: fear not, nor be dismayed: for the LORD God, *even* my God, *will be* with thee; he will not fail thee, nor forsake

thee, ...

**II Chron. 20:17 (to 3rd ), 17 fear (to ;)**

17 Ye shall not *need* to fight in this *battle*: set yourselves, stand ye *still*, and see the salvation of the LORD with you, ...

17 ... fear not, nor be dismayed; ...

**Isa. 35:4**

4 Say to them *that are* of a fearful heart, Be strong, fear not: behold, your God will come *with* vengeance, *even* God *with* a recompence; he will come and save you.

**Isa. 41:13**

13 For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

**Isa. 43:1**

1 But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called *thee* by thy name; thou *art* mine.

**Joel 2:21**

21 ¶ Fear not, O land; be glad and rejoice: for the LORD will do great things.

**Zeph. 3:15 (to 1st :), 16 Fear (to :), 17**

15 The LORD hath taken away thy judgments, he hath cast out thine enemy: ...

16 ... Fear thou not: ...

17 The LORD thy God in the midst of thee *is* mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.

**Luke 1:30, 31**

30 And the angel said unto her, Fear not, Mary: for thou hast found favour with God.

31 And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name JESUS.

### **Matt. 14:14, 22–32**

- 14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick.
- 22 ¶ And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away.
- 23 And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.
- 24 But the ship was now in the midst of the sea, tossed with waves: for the wind was contrary.
- 25 And in the fourth watch of the night Jesus went unto them, walking on the sea.
- 26 And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear.
- 27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.
- 28 And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water.
- 29 And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus.
- 30 But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me.
- 31 And immediately Jesus stretched forth *his* hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?
- 32 And when they were come into the ship, the wind ceased.

### **Luke 8:40–42, 49–55**

- 40 And it came to pass, that, when Jesus was returned, the people *gladly* received him: for they were all waiting for him.
- 41 ¶ And, behold, there came a man named Jairus, and he was a ruler of the synagogue: and he fell down at Jesus' feet, and besought him that he would come into his house:
- 42 For he had one only daughter, about twelve years of age, and she lay a-dying. But as he went the people thronged him.
- 49 ¶ While he yet spake, there cometh one from the ruler of the synagogue's

house, saying to him, Thy daughter is dead; trouble not the Master.

50 But when Jesus heard *it*, he answered him, saying, Fear not: believe only, and she shall be made whole.

51 And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden.

52 And all wept, and bewailed her: but he said, Weep not; she is not dead, but sleepeth.

53 And they laughed him to scorn, knowing that she was dead.

54 And he put them all out, and took her by the hand, and called, saying, Maid, arise.

55 And her spirit came again, and she arose straightway: and he commanded to give her meat.

### **I John 4:18 (to :), 18 He**

18 There is no fear in love; but perfect love casteth out fear: ...

18 ... He that feareth is not made perfect in love.

### **Luke 12:32**

32 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

### **II Tim. 1:7**

7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

### **SH 411:27**

27 Always begin your treatment by allaying the fear of patients. Silently reassure them as to their exemption from disease and danger. Watch the result of this simple rule of Christian Science, and you will find that it alleviates the symptoms of every disease. If you succeed in wholly removing the fear, your patient is healed. The great fact that God lovingly governs all, never punishing aught but sin, is your standpoint, from which to advance and destroy the human fear

Unspoken  
pleading

of sickness. Mentally and silently plead the case scientifically for Truth. You may vary the arguments to meet  
6 the peculiar or general symptoms of the case you treat,  
but be thoroughly persuaded in your own mind concerning the truth which you think or speak, and you will be  
9 the victor.

### SH 420:24

24 Tell the sick that they can  
meet disease fearlessly, if they only realize  
that divine Love gives them all power over every physical  
27 action and condition.

Proper  
stimulus

### SH 370:5–8

The body improves under the  
6 same regimen which spiritualizes the thought; and if  
health is not made manifest under this regimen, this  
proves that fear is governing the body.

### SH 586:11

**FEAR.** Heat; inflammation; anxiety; ignorance; error;  
12 desire; caution.

### SH 414:32–1 Inflammation

Inflammation is fear, an  
1 excited state of mortals which is not normal.

### SH 196:25–7; 197:16 (only)

Many a hopeless case of disease is induced by a single  
*post mortem* examination, — not from infection nor from  
27 contact with material virus, but from the fear of the  
disease and from the image brought before the mind; it  
is a mental state, which is afterwards outlined on the  
30 body.

The press unwittingly sends forth many sorrows and  
diseases among the human family. It does this by giv-

1 ing names to diseases and by printing long descriptions  
which mirror images of disease distinctly in thought. A  
3 new name for an ailment affects people like a  
Parisian name for a novel garment. Every one  
hastens to get it. A minutely described dis-  
6 ease costs many a man his earthly days of comfort. What  
a price for human knowledge!

Pangs  
caused by  
the press

We should master fear, instead of cultivating it.

### SH 373:14–15

The fear of disease and the love of sin are the sources  
15 of man's enslavement.

### SH 371:11

As frightened children look everywhere  
12 for the imaginary ghost, so sick humanity sees danger in  
every direction, and looks for relief in all ways except the  
right one. Darkness induces fear. The adult, in bond-  
15 age to his beliefs, no more comprehends his real being  
than does the child; and the adult must be taken out of  
his darkness, before he can get rid of the illusive suffer-  
18 ings which throng the gloaming. The way in divine  
Science is the only way out of this condition.

### SH 180:13–30

Ignorant that the human  
mind governs the body, its phenomenon, the invalid may  
15 unwittingly add more fear to the mental reservoir already  
overflowing with that emotion.

Doctors should not implant disease in the thoughts of  
18 their patients, as they so frequently do, by declaring dis-  
ease to be a fixed fact, even before they go to  
work to eradicate the disease through the ma-  
21 terial faith which they inspire. Instead of furnishing

Wrong and  
right way

thought with fear, they should try to correct this turbulent  
element of mortal mind by the influence of divine Love  
24 which casteth out fear.

When man is governed by God, the ever-present  
Mind who understands all things, man knows that with  
27 God all things are possible. The only way to this  
living Truth, which heals the sick, is found in the Science  
of divine Mind as taught and demonstrated by Christ  
30 Jesus.

### **SH 392:5–8**

Fear,

6 which is an element of all disease, must be cast out to  
readjust the balance for God. Casting out evil and fear  
enables truth to outweigh error.

### **SH 419:28**

To succeed in healing, you must con-  
quer your own fears as well as those of your patients, and  
30 rise into higher and holier consciousness.

### **SH 444:7**

If Christian Scientists ever fail to receive aid from  
other Scientists, — their brethren upon whom they may  
9 call, — God will still guide them into the right  
use of temporary and eternal means. Step by  
step will those who trust Him find that “God is our refuge  
12 and strength, a very present help in trouble.”

Refuge and  
strength

### **SH 495:14–20**

When the illusion of sickness or sin tempts you, cling  
15 steadfastly to God and His idea. Allow nothing but His  
likeness to abide in your thought. Let neither  
fear nor doubt overshadow your clear sense and  
18 calm trust, that the recognition of life harmonious — as

Steadfast and  
calm trust

Life eternally is — can destroy any painful sense of, or belief in, that which Life is not.

### SH 236:28–10

Jesus loved little children because of their freedom from wrong and their receptiveness of right. While  
30 age is halting between two opinions or battling with false beliefs, youth makes easy and rapid strides towards Truth.

1 A little girl, who had occasionally listened to my explanations, badly wounded her finger. She seemed not  
3 to notice it. On being questioned about it she answered ingenuously, “There is no sensation in matter.” Bounding off with laughing eyes, she presently added, “Mamma,  
6 my finger is not a bit sore.”

It might have been months or years before her parents would have laid aside their drugs, or reached the mental  
9 height their little daughter so naturally attained.

Soil and  
seed

### SH 26:14–16

Divine Truth,

15 Life, and Love gave Jesus authority over sin, sickness, and death.

### SH 231:27

27 To fear them is impossible, when you fully apprehend God and know that they are no part of His creation.

### SH 494:30–2

30 Our Master cast out devils (evils) and healed the sick. It should be said of his followers also, that they cast fear and all evil out of themselves and others and heal the sick.

1 God will heal the sick through man, whenever man is

governed by God.

### SH 454:5–9

The understanding,  
6 even in a degree, of the divine All-power de-  
    stroys fear, and plants the feet in the true path,  
    — the path which leads to the house built without hands  
9 “eternal in the heavens.”

Impotence  
of hate

### SH 368:31–32

When fear disappears, the foundation of disease  
is gone.

### SH 410:14

Every trial of our faith in God makes us stronger.  
15 The more difficult seems the material condition to be  
    overcome by Spirit, the stronger should be our  
    faith and the purer our love. The Apostle  
18 John says: “There is no fear in Love, but perfect Love  
    casteth out fear. . . . He that feareth is not made per-  
    fect in Love.” Here is a definite and inspired proclama-  
21 tion of Christian Science.

Love casteth  
out fear

### SH 503:12–15

12 Divine Science, the Word of  
    God, saith to the darkness upon the face of error, “God  
    is All-in-all,” and the light of ever-present Love illumines  
15 the universe.

Spiritual  
harmony

### SH 494:10–11

Divine Love always has met and always will meet every  
human need.